

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A375 - STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF, 30 LB



Nutrition Information

Strawberries, whole, thawed,
unsweetened

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A (except U.S. Grade B character), medium sized, whole strawberries, individually quick frozen (IQF).
PACK/YIELD	<ul style="list-style-type: none"> 30 lb case. One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve, whole strawberries and provides about 357.0 ¼-cup servings thawed fruit. One lb AP yields 1 lb (about 2⅞ cups) thawed, ready-to-serve, whole strawberries and provides about 11.9 ¼-cup servings thawed fruit. CN Crediting: ¼ cup thawed, whole strawberries provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Store opened thawed strawberries covered and labeled in dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator. Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.

	¼ cup (55 g)	½ cup (110 g)
Calories	19	39
Protein	0.24 g	0.48 g
Carbohydrate	5.04 g	10.09 g
Dietary Fiber	1.2 g	2.3 g
Sugars	2.52 g	5.04 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.41 mg	0.83 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	6 mg	12 mg
Potassium	82 mg	164 mg
Vitamin A	25 IU	50 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	22.8 mg	45.5 mg
Vitamin E	0.16 mg	0.32 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

Visit us at www.fns.usda.gov/fdd

A375 - STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF, 30 LB

USES AND TIPS	<ul style="list-style-type: none">• Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals. Use in recipes for jellied salads, glazes, desserts, or other baked items.• Use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast, and preserves.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.• Do not refreeze strawberries.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.